



WEB

# INTERNATIONAL INNER WHEEL

## MAGAZINE 2019-2020

No.3

President Phyllis Charter



### TAKE THE FIGHT AGAINST CORONA

# Words from the Editor

## READ AND BE INSPIRED

In this issue of our Web Magazine you will find many interesting articles and reports. To be informed, inspired and impressed by, I hope.

Here you can read IIW President Phyllis Charter's words about our main asset – our brand name and logotype and her message about the coronavirus.

You can also follow her intensive visiting program supporting members, clubs and districts around the world. Together we can. The Inner

Wheel Day and International Women's Day have been celebrated all over the world. Read about some of the successful arrangements. It is also interesting to follow all the service projects under the umbrella "Caring for women and girls".

You can read about three new MGAs and two very young (the youngest?) club presidents. We have special articles about two important subjects – female genital mutilation and dementia - and a



report from our UN representative Ulrike Nemling in Vienna. And lots of reports from many events in true IW-Friendship, Personal Service and International Understanding. Enjoy your reading!

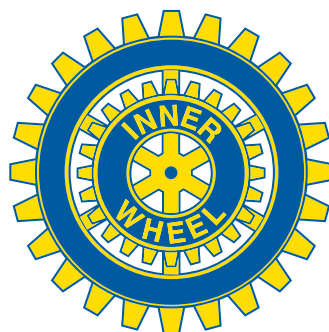
*Kerstin Jonson  
IIW Editor /MM 2019-2020*

## A NAME AND A SYMBOL TO SHARE

Our distinctive Inner Wheel logo is a most valuable asset that should be utilized better and more often.

My wish is to see this logo placed on every item that you donate and on every project that you undertake. How often do we do all the work and others get the credit? We have to advertise Inner Wheel, for if we don't no one else will!

Let us show the world that our Inner Wheel Logo is synonymous



with disease awareness, poverty prevention, accessible education,

safeguarding the environment, climate control, skills training, clean water, female hygiene provisions and many other challenges.

So let us all be proud of our heritage by wearing our Inner Wheel badges and promoting Inner Wheel as the World's largest women's volunteer service organisation.

Let Inner Wheel be known as the brand name for making dreams come true. Yes, "Together We Can"

*IIW President Phyllis Charter*

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### FRONT PAGE

The Coronavirus pandemic has put our work within Inner Wheel in a completely new situation. Almost all activities have had to be changed. But it has also opened up new fields where our service can be a valuable contribution.

On the front page members of IWC Marikina in the Philippines support frontliners attending Covid-19 patients with food.

## International Inner Wheel President Phyllis Charter



### OUR FIGHT AGAINST THE CORONAVIRUS

**W**ith the coronavirus spreading uncontrollably around the World, my thoughts and prayers are with each and every one of you as you try to understand and abide by all the rules that are applicable in your own countries. Some of these are voluntary and others strictly imposed but, whichever they are, they will cause isolation and possibly a feeling of helplessness.

**Inner Wheel Members** are by their very nature social and outgoing; more used in times of adversity to helping others than themselves. Whilst not forgetting those families and children that turn to us in difficult times, I ask you to keep in

touch with one another on a Local, National and International basis, so that we do not let any of our own Members feel that they have to cope with this social isolation alone.

**“Together we can”** reach out and strengthen our Inner Wheel friendships and have contact with each other via WhatsApp, Instagram, Facebook and all other social media. By using these ways of communication we can show how small the World is and how large Inner Wheel is.

We are all treading into the unknown but I know that you will all be innovative and inspirational in keeping our

Inner Wheel spirit alive, so that we can be ready for when the World rights it's self on its axis and returns to normality.

**“Together we can”** be strong and continue to hold hands around the World whilst remembering each other and all those who we help or live on their own and are vulnerable in our thoughts and prayers.

With all my love to you and your families,

*Phyllis*



# Celebrating International Inner Wheel Day 2020

## A WOMAN WITH A VISION

"Inner Wheel Day, the 10th of January, celebrates the date of the Inner Wheel meeting held in 1924. It is such a special day to us all and is celebrated in so many different ways, by Clubs and Members around the World, with the main intention of bringing Inner Wheel into the public eye.

Margaret Golding achieved so much in promoting Inner Wheel in the 1920's and 30's and all she had was a telephone and "slow" mail. Now we, the present members of Inner Wheel have to be the Margaret Golding of the 2020's and use every modern means available to attract new members to our wonderful organisation.

Just imagine the effect it would

have if 110,000 Inner Wheel Members in 104 Countries all shouted and celebrated at the same time what Inner Wheel achieves in making the world a safer and better place for all to live in. We can do that, in our own way - in our own locality, by making sure that our celebrations are seen and heard publicly and in every form of social media."



*Text to the left from IIW President Phyllis Charter's message for Inner Wheel Day 2020.*

*These are some examples from the world wide celebrations.*



## CUT A CAKE IN PAKISTAN

IIW Day was celebrated by the **District 342** on 10th of January.

NR Sadaf Sajeel also attended the celebrations along with PNR Tabbassum Tanvir, PNR Rubina Haroon, and PNR Maimoona Pervaiz.

Four Clubs of the District 342 got together and cut a cake to celebrate 96th Anniversary of IIW.

Moreover, other Clubs of District 342 also celebrated IIW day in their respective Clubs.

On January 10, I was invited to be chief walker during their promotional run across Kampala, which was supervised by the police. The Inner Wheel members receive great mental support from the Rotary clubs. It was a great experience. I have made new friends and I wish Uganda all the best and hope to meet some of them during the convention in Jaipur. They (and their Rotary men) were enthusiastic about the idea.

*Board Director Francine Beij-Mos*

## CHARITY IN UGANDA



## NEW ZEALAND CAN

The **IWC of Palmerston North**, NZ294, New Zealand, celebrated International Inner Wheel Day, 10th January. Using IIW President Phyllis inspiring theme 'Together we can', we encourage members worldwide to continue to work together for friendship, service and peace without borders.

# Celebrating International Inner Wheel Day 2020

## INDIA GOT AN IW STAMP

A stamp has been released with International Inner Wheel theme logo "Together we can". The initiative was taken by Inner Wheel Club of Chennai President Lakshmi Priya, by Past International Inner Wheel President Kamala Ramakrishnan and received by District Chairman Nallini Olivannan, to commemorate International Inner Wheel Day on 10<sup>th</sup> January 2020.



## SINGING IN GREECE

**IWC Patra Europea**, District 247 Greece celebrated Inner Wheel Day 2020 organizing a great event. More than 400 people attended this celebration including the City and State Authorities who wished the best to Inner Wheel and the Club.

The famous greek singer of modern music Myrwnas Stratis sang and made all the participants have an unforgettable night.

The event was also organized in order to fundraise the social project of the club which is the support of children, students of the special schools of our city with Down Syndrome and other disabilities.



## SWEDISH ENVIROMENT



**Stockholm-Ekeroe IWC** hosted two other Stockholm IW-clubs on the IW-day. At the meeting Prof. Em. Margareta Ihse held a presentation on environmental change in Sweden. She talked about the large scale agriculture and forestry's affects on fauna and diversity in respect of insects, wild flowers and animal habitats.

She asked for better planning and control for the benefit of the environment and our well being.

Margareta has been awarded several medals for her work, one of which from our King. The presentation was very well received and made us all reflect about the development we are facing.



## NEW BORN ON THE IIW DAY



To mark the International Inner Wheel Day, the National Representative/President of Inner Wheel Clubs in Nigeria Adekemi Adeyemi and members of **IWCs in Delta** visited Ekpan General hospital.

There they presented cash and gift to the new baby born on January 10th 2020. We named her Margaret....

Inner Wheel is good.

# Celebrating International Inner Wheel Day 2020

## MALAYSIA GOT TALENT

IWC of Taiping, Malaysia, organized the World Inner Wheel Day for D330 on 18th January. The event was to celebrate its first Inner Wheel Club meeting and to raise funds for Sekolah Semangat Maju (SSM), school for mentally challenged children.

The event was graced by IIW President Phyllis Charter. A total of 250 members and friends were treated to a fun-filled day with high tea, shopping booths, photo session and sumptuous dinner.



The night ended with a thrilling Inner Wheel's Got Talent contest.



## SUPPORT IN NIGERIA FOR MAKEUP ARTISTRY

January 10, 2020, the President IWM Maureen Agbarakwe and members of **IWC of Warri Metropolitan** commenced their project of training two persons, a boy and a girl, on makeup artistry.

The Club sent the two of them to a place where they can study

and paid for the fees, also bought equipment for them to help them carry out their work effectively. Both of them are OND degree holders. They were filled with joy and grateful to the President and members of the Club.



## THE TWINNING PROTOCOL

**IWC of Petra**, District 95 Egypt & Jordan signed a twinning protocol with **IWC of Dalyan**, District 242 Turkey, in Istanbul, Turkey on the 10th of January coinciding with International Inner Wheel Day.

The event was celebrated in the presence of IIW President Mrs. Phyllis Charter and 16 members from Petra. Mrs. Manal Nahawi President of IWC of Petra and Mrs. Emine Uzel President of IWC of Dalyan signed the twinning protocol.



## A PIECE OF CAKE !

## Celebrating International Inner Wheel Day 2020



*The president of IWC Tampere-Kaleva Marja-Liisa Liusvaara welcomed all.*

### A FINNISH TRADITION

24 active ladies from **IWC Tampere and IWC Tampere-Kaleva, Finland**, celebrated the IW-Day together. The day was organised by IWC Tampere-Kaleva. It has been a tradition for the clubs to celebrate this day together, each club in turn hosting the meeting.

The program included music entertainment and an interesting lecture on nutrition of adult people with the title "Provisions for the new year".



*Together From left to right; Alessandra Colcelli Past President National Council, – Cinzia Tomatis National Representative, Adalberto Messeri- Club of Firenze Iris President, Daniela Soderi Past District Chairman, Marita Scarpa Club of Florence President, Dott B. Mazzolai, Paola Club of Follonica President, Franca Di Cesare Romagnoli 209 District Chairman*

### ITALIAN IW-AWARD TO A FEMALE SCIENTIST

The "Inner Wheel Donna Toscana Award" was created by the Inner Wheel Club of Florence in 1996, with the aim of rewarding women that in their cultural and working abilities had honored Tuscany. This year 2019-2020, under the presidency of Marita Scarpa, Past District Chairman, the award was given to Dr Barbara Mazzolai, Biologist and Microsystem Engineer. She was rewarded for her work as coordinator of Micro-Bio Robotic

Center in Pontedera (Tuscany): she realized a Plantoid Robot.

Dr Mazzolai's researches result from the observation of movement of the animal and plant world. These robots have multiple purposes from microsurgery, to space exploration and environmental monitoring.

It is up to humans to use scientific discoveries for beneficial purposes.

### FRIENDSHIP CELEBRATED IN FRANCE

Saint-Malo IWC in France wanted to celebrate the Inner Wheel Day with their friend Janine Collyer (with the flag) who can no longer move because of her poor health. She is now isolated but is someone who was very active in the Club. The members very much regret her absence, her pleasant character and her sense of humour. This little moment of shared pleasure was a time to celebrate epiphany in conviviality and good spirits



Ulrike Nemling UN representative in Vienna

## WE TAKE THE FIGHTS AGAINST DRUGS AND INTERNATIONAL CRIME



**"We must realise that the field of activities of UNODC is enormous" reports IIW representative Ulrike Nemling from her UN work in Vienna. UNODC stands for The United Nations Office on Drugs and Crime.**



This office based in Vienna is a global leader in the fight against illicit drugs and international crime, in addition to being responsible for implementing the United Nations lead programme on terrorism. Established in 1997, UNODC has approximately 500 staff members worldwide. Its headquarters are in Vienna and it operates 20 field offices, as well as liaison offices in New York and Brussels. The office is dealing with many various topics:

- Alternative development
- Corruption
- Crime prevention, criminal justice
- Cybercrime
- Drug prevention, treatment, care
- Drug trafficking
- Firearms
- Falsified medical products
- HIV and AIDS
- Trafficking in persons and smuggling of migrants
- Maritime crime and piracy
- Money-laundering
- Organized crime
- Terrorism prevention
- Wildlife and forest crime.

For two decades, the United Nations Office on Drugs and Crime (UNODC) has been helping to make the world safer from drugs, organized crime, corruption and terrorism. UNODC is committed to achieving health, security and justice for all by tackling these threats and promoting peace and sustainable well-being as deterrents to them.

### **Together we can solve it**

Since the scale of these problems is often too great for states to confront alone, UNODC offers practical assistance and encourages transnational approaches to action. UNODC does this in all regions of the world through their global programmes and network of field offices.

UNODC works to educate people throughout the world about the dangers of drug abuse and to strengthen international action against illicit drug production and trafficking and drug-related crime. To achieve those aims, UNODC has launched a range of initiatives, including alternatives in the area of illicit drug crop cultivation, monitoring of illicit crops and the implementation of projects against money laundering.

In December 2019 there was a joint meeting in Vienna with the Commission of Narcotic Drug and the Commission on Crime Prevention and Criminal Justice to discuss strategic managements, budgetary and administrative matters of UNODC.

### **For global control of MAPA**

The main topics of the reconvened sessions in autumn are administrative and budgetary matters.

At the session of the Commission of Narcotic Drugs, the President of the International Narcotics Control Board (INCB), announced the INCB's decision to recommend the international control of methyl alpha-phenylacetoacetate (MAPA), a pre-precursor used in the illicit manufacturing of amphetamine and methamphetamine.

The Board conducted an assessment of MAPA based on information received from 50 governments and concluded that there are no legitimate uses of MAPA. This is a substitute chemical for several amphetamine and methamphetamine precursors although it is regularly advertised by a number of online suppliers. The number of seizures and the amounts seized have been



a concern since the emergence of MAPA in 2017. By scheduling MAPA, INCB hopes to see an impact on the availability of MAPA for illicit drug manufacturing purposes, and a first step towards an encompassing solution addressing designer precursors.

### Experienced board

The INCB (International Narcotic Control Board) has 13 members, each elected by the Economic and Social Council for a period of five years. INCB members may be re-elected. Ten of the members are elected from a list of persons nominated by Governments. The remaining three members are elected from a list of persons nominated by the World Health Organization (WHO) for their medical, pharmacological or pharmaceutical experience. Once they have been elected, INCB members serve impartially in their personal capacity, independently of Governments.

INCB is the independent, quasi-judicial body charged with promoting and monitoring Government compliance with the three international drug control conventions: the 1961 Single Convention on Narcotic Drugs, the 1971 Convention on Psychotropic Substances, and the 1988 Convention against Illicit Traffic in Narcotic Drugs and Psychotropic Substances.

## SUSTAINABLE DEVELOPMENT GOALS

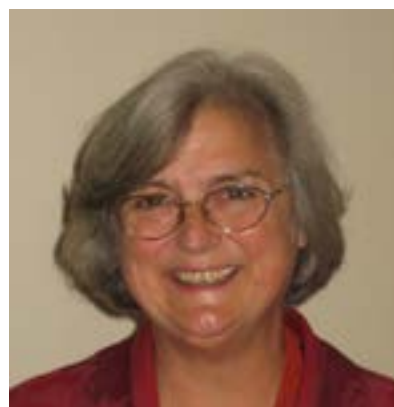


### An important link

Established in 1983, the Vienna NGO Committee on Drugs (VNGOC) provides a link between non-governmental organisations and the Vienna-based agencies involved in setting drug policy: the UN Commission on Narcotic Drugs (CND), the International Narcotics Control Board (INCB), and the United Nations Office on Drugs and Crime (UNODC). The VNGOC also work closely with its sister the New York NGO Committee on Drugs (NYNGOC) when working with other UN bodies such as the General Assembly (GA) and the Economic and Social Council (ECOSOC).

Throughout 2018 and 2019, the bulk of our work was delivered in collaboration with NYNGOC through a new Civil Society Task

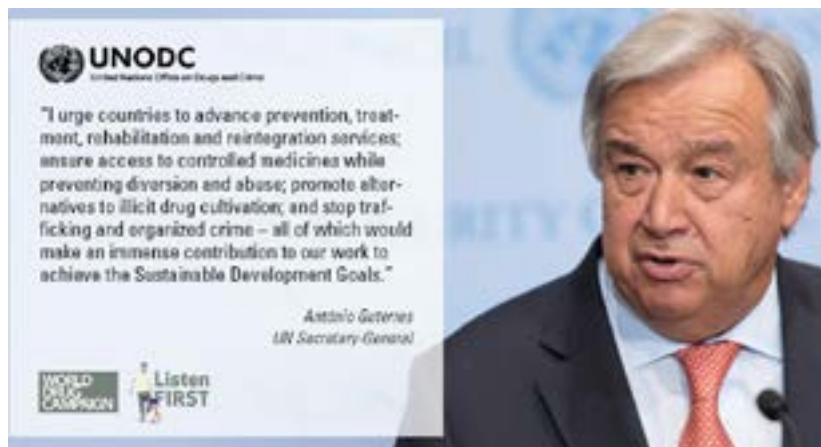
Force. Through this Task Force, 28 civil society representatives had been chosen to represent NGOs from every region of the world, as well as the key populations and constituencies.



The Committee comprises around 200 members from around the world. Members are the big NGOs as well as NGOs on grass root level in Asia, South America and Africa.

Meetings take place during the commissions or on short notice in between. Most of the meetings are video conferences.

*Ulrike Nemling  
UN representative in Vienna*



# KEEPING THE RICKSHAW PULLERS DRY

Rickshaw puller is quite a familiar figure in Bangladesh. They lead a very hard life and earn little to meet two square meals a day for their families by working from dawn to dusk. They pull the rickshaw even in heavy rains and suffer much on a rainy day. They pass the whole day in misery. They get drenched and sometimes become ill, still they have no choice rather than pull rickshaw. He and his family are bound to starve.

**Inner Wheel Club of Dhaka Cosmopolitan** felt their misery and decided to distribute raincoats, clothes and food among rickshaw pullers. The motives were - keep them dry on a rainy day, provide food in the house, reduce the chance to become sick. It is an attempt to respond to a rickshaw puller's basic needs on a rainy day.



# A DAY OF FUN IN SINGAPORE 10,000 TOYS TO 3,000 NEEDED CHILDREN



**IWC of Singapore** and the organisation "Food from the Heart" arranged a day of real fun in November 2019. Under-privileged children from welfare homes as well as students under the Financial Assistance Scheme from neighbourhood schools were invited to this event held at the Nanyang Polytechnic in Ang Mo Kio. IWC of Singapore with support from corporate sponsors and hundreds of volunteers made it a day of fun, games, and food for the children.

IW-members took care of the unloading, sorting and wrapping of all the toys. It was an impressive collection of 10,000 toys to be distributed to about 3,000 children. Excess toys were given to other homes after the event. It was an exciting and exhausting day, but it was worth it when you could see the glee and happiness on the children's faces.

All tiredness was forgotten!

## HYGIENE & SANITATION



**IWC Dhaka Buriganga**, D 345, Bangladesh, has organized a successful project on hygien & sanitation at a remote village school of Northern Bangladesh.

## CHRISTMAS CONCERT FOR MULTICULTURAL SUPPORT

**Nurmijärvi IWC**, Finland, organised a Christmas concert in the church of Nurmijärvi with a famous Finnish singer Pepe Willberg singing accompanied by the Christmas Trio. We heard many of the Christmas carols, which were dear to us from our childhood.

The concert was sponsored by many local companies so that we could donate a nice amount to the Life Education Foundation in Finland in order to create a new program for multicultural integration in schools and society. The program has a target to increase individual self esteem and give healthy choices for children. In Finland the special teachers of the Foundation reach 110 schools and over 24 000 children each year with this program. The Life Education Foundation in Finland is supported by Inner Wheel, Rotary and other organizations.



*The church managed to give space for 450 persons at the concert in Nurmijärvi.*

## FIGHTING CANCER



**Porto Novo IWC, Senegal.** On October 26, 2019, at the Ahouanbo Market: Awareness raising on the early detection of breast and uterine cancers followed by the donation of protective equipment and work tools (plastic basins, baskets, trays and aprons) to a group of women selling smoked fish by Governor Nathalie, President Rékiath and CEO Francine who symbolicaly donated a set of materials to the President, Secretary and Treasurer of the Group.

The rest of the equipment will be distributed among the various members of the group.



## WINE & LOVE

**IWC Burgas**, Bulgaria, organized a charity initiative "Wine&Love" for supporting their charity cause "Care of a woman". All the ladies were dressed in the red colour of love and were in a festive mood.





## IWC EFES HAS MANY GOOD ACTIVITIES



**IWC Efes, Turkey**, organized a meeting on March 11 to host the District President, Tuna Özgiller.

The District President and the Club President, Asli Akduman, gave information about the activities of

District 244 and IW club Efes, consecutively.

Activities of IWC Efes: A visit to the elderly home with some students of Barbaros Hayrettin Primary School, a trip to İstanbul to visit Uni-

versity of Bosphorus for a workshop and to see 'Alice' performance with the students, a truck of equipments and supplies sent to the earthquake victims in Elazığ, a city in the East of Turkey.

## POPULAR READING FOR YOUNG GERMANS

On the Inner Wheel Day members of **IWC Göttingen, Germany**, visited the Elisabeth Heimpel Haus. It is a preschool institution caring for children between the ages 1 to 6 years i.e. until they enter school.

51 children are presently being taken care of in this very spacious house with lots of daylight. These children come from many different backgrounds, and many are not German speaking when first coming here. Our club had been already in contact with this institution previously with a small project.

This time we had offered to come and read to the children. We had been provided with appropriate books, which as it turned out the children were well acquainted with. When the books we had prepared for were finished they immediately asked for more. The atmosphere was relaxed and enjoyable.



Before leaving we had a very interesting visit with the staff and discussed further projects that our Inner Wheel Club could possibly realize together.

## SUPPORT TO NEW BORN BABIES IN TURKEY



On 6th of February members of **Dalyan IWC, Turkey**, with the club president Emine Uzel, visited Kartal Training and Research Hospital, Newborn Baby Unit (Kartal Eğitim Araştırma Hastahanesi – Yenidoğan Bölümü). Head of the Department, Prof. Yasemin Akın, welcomed the club members.

In this section, for the new born and premature babies various materials were supplied and presented ( such as stethoscopes, baby bottles, baby care oil, pillow cases, clothings for babies, hats, socks, blankets and some others). Appreciated gifts.

## Phyllis Charter on the World Wide Tour

### ENGAGING SPEECH FOR D 211 IN PALERMO



*IIW P Phyllis Charter, 211 DC Cristina La Grassa, NR Cinzia Tomatis Fermani, P Lina de Gioia-Carabellese*

On February 1st President Phyllis Charter visited **District 211** in Palermo, Italy. She was accompanied by her husband Paul Charter and by the Italian National Representative Cinzia Tomatis Fermani. The President of the Italian National Council Lina de Gioia-Carabellese was there too.

The meeting with the District members took place at Villa Chiamonte Bordonaro, where the District Chairman Cristina La Grassa presented the district programs and services.

The International President delivered an interesting and engaging speech; With her motto "Together we can", she invited all IW members to cement friendship, reaffirm their identity and make their dreams come true.

### ROTATING LIBRARY PROJECT FOR STUDENTS IN MALAYSIA

In January President Phyllis Charter made a successful tour of Malaysia. During the intense days, she had the opportunity to meet many IW members and follow their engaging club activities. In addition to interesting sightseeing, the visit included a number of club and district events.

In Taiping over 170 members from 19 out of 22 clubs in D 330 were gathered to mark the IW-Day. A number of guests from other districts also came to this meeting.

The next stop was made in Ipoh for a joint meeting with three IW clubs. The visit in Kuala Lumpur included a walk in Taman Tugu Eco Park and information about the Green Project sponsored by IWC of Petaling Jaya.

In Kuala Lumpur, an appreciated fashion show with batik clothing was arranged. Also a visit to a school involved in the club's project "The Rotating Library" (see photo). The aim is to stimulate book reading among school students.



### CHARTERING CAMPOAMOR

A new club was born in Spain. To celebrate that occasion from left Board Director Bambi De Ceuninck-Leunckens, Charter President **Inner Wheel Club of Campoamor** Mary Anne Gronningen, IIW President Phyllis Charter and Chariman, Constitution Committee Corinne Dalleur. A top level meeting!

# 700 CELEBRATED 70 IW-YEARS AT THE NATIONAL CONFERENCE IN MANILA

More than 700 delegates from the nine Inner Wheel districts all over the Philippines attended its 54<sup>th</sup> National Conference in Manila in February. Coincidentally, this year marks the 70th year of existence of Inner Wheel in the Philippines.

In a Photo Exhibit at the Conference, clubs creatively featured its flagship projects in a collage of pictures. A Commercial Exhibit exhibited locally made products and services.

## Phyllis Charter keynote speaker

IIW President Phyllis Charter was keynote speaker. She acknowledged all the clubs who are implementing projects in their respective communities. She emphasized that each club should promote our organization in caring for women and children. "Our name (Inner Wheel) must relate with our work for women and children... let us together build a safe place for our world today."



Ribbon cutting at the opening of the 54<sup>th</sup> Philippine National Conference in Manila. From left IWCP National Representative Reylyna Nicolas, IIW Board Director Zenaida Farcon, NATCON Chairman Nona Ricafort, IIW President Phyllis Charter, IWCP National President Amelia Jarin and Photo Exhibit Chairman Past District Chairman Jolet Berberabe.

The formal business meeting was presided by National President Amelia Jarin. She showcased the different projects she visited during her first six months of presidency and encouraged the District Chairman to continue implementing high-impact projects for women and children. National Representative Reylyna Nicolas reported on the different IIW-UN ECOSOC activities celebrated in the country and charter papers were presented to ten new and revived IW clubs.

## Important partnership

A Memorandum of Understanding was signed between IWCP and Infant and Pediatric Nutrition Association of the Philippines. This signifies partnership between the two organizations in promoting projects to improve the health and nutrition especially of infants and young children.

On the second day of the Conference there was a Foundation Hour where donors were recognized by the Inner Wheel Clubs of the Philippines Foundation, Inc.

Members had fun during the Sister Club Activity where two "sister" clubs from different Districts met to gain new friends

and strengthen partnership in implementing projects. It was followed by a heart-warming segment – Babae Ka! (You are a Woman), featured projects focused on Women and Children.

Audio visual presentations are testimonies of the challenges faced by these women and children battling with depression and anxiety because of their experiences being abandoned, abused physically and emotionally - raped, battered and bullied, and how our members reached out and helped them so they can move on and live a better and brighter future.

## Sustainable goals

This was concluded with the speech of the Past National President Mary Jane Ortega, member of the Steering committees on Public Places, Safer Cities of UN Habitat. In her speech she discussed the importance of the 17 Sustainable Development Goals of the United Nation and promoting Safer Cities through Social Cohesion.

The conference ended with a Talent Night themed Celebrating Women on Broadway.

## SIGNING THE MEMORANDUM

During the Conference an important Memorandum of Understanding was signed between IWCP National President Amelia Jarin and Infant and Pediatric Nutrition Association of the Philippines (IPNAP) represented by its Executive Director Dr. Anthony Rolando T. Golez Jr. The memorandum signifies partnership between the two organizations in promoting projects to improve health and nutrition especially of infants and young children.



## GUEST OF HONOR AND SPEAKER

Left: Guest of Honor and Speaker for the 2nd day of the National Conference in Manila; Past National President Mary Jane Ortega, former Mayor of La Union City and former member of the United Nations Council of Local Authorities and member of the Steering committees on Public Places, Safer Cities of UN Habitat.

## DRESSED FOR SUCCESS

District Chairmen wearing their beautiful Philippine Festival gowns, from left: Luzviminda Garcia (D377), Jeisela Gaierlan (D379), Araceli Mendoza (D385), Mary Co (D382), Mary Anne Gutierrez (D378), Ruby Cabarloc (D383) and Dallaz Eure (D381).



## BROADWAY WOMEN

District 380 performed "My Fair Lady" and won 1st prize during the Talent Night that concluded the successful National Conference in the Philippines. Almost like Julie Andrews & Co. Other districts celebrating Women on Broadway during that night: D377 Moulin Rouge, D378 Grease, D379 Sister Act, D381 Step Up, D382 Chicago, D383 Burlesque, D385 Sweet Charity, and D386 South Pacific. The Philippines got talent!

## MUSIC TEACHER AWARDED FOR OUTSTANDING VOLUNTARY WORK



A lunch was organized by **IWC İzmir, Turkey**, to celebrate International Women's Day. Prof. Dr. Benal Inceer from the Department of Psychiatry in İzmir Aegean University gave a speech on Science of Costume Demonstration.

A retired music teacher, Kamuran Oktay who works voluntarily to teach music to students and who prepares them for music academies was given a plaque for her outstanding efforts. She also has formed a mandolin band from retired music teachers. A mini mandolin concert was planned for the day but had to be cancelled. All clubs of district 244 participated in the event enjoying IW friendship and sharing the Women's Day activities.

## IWC LEARNING CENTER ALMOST 50

During her tour to the Philippines President Phyllis Charter visited **IWC Quezon City** Learning Center. It is considered as one of the oldest maintained Learning Centers among the Inner Wheel Clubs in the Philippines. This was established by Past International Inner Wheel President Esther Vibal when she was still the Club President in 1972.

It has been maintained by the club for almost five (!) decades. The Learning Center is not only a venue for education for the children but also a central venue of the club in implementing their projects such as their free medical and dental services.



## UPCYCLED PRODUCTS FOR CHILDREN



Championing sustainability and aiming to empower others, the young ladies of **IWC Intan Kuala Lumpur, Malaysia**, upcycled old t-shirts and fabric into tote bags, hair ties and hair pins.

32 pretty hair pins and ties were created, and will be given to a children's home for Intan's Easter project. The girls will also teach and empower the children to make these themselves, so that

they can be used to raise funds.

Members from **IWC Kuala Lumpur** donated old shirts, which were cut up and tied into stylish tote bags – no sewing needed! The two clubs also presented these to International Inner Wheel President Phyllis Charter during her visit to Kuala Lumpur.

For the hair pins and hair ties, the girls cut up old fabric and sewed them into individual petals, which were then sewn into the shape of a flower. Fabric and wooden buttons were glued in the middle, before elastic bands and pins were glued to the bottom.



# Thoughts from Board Director Sandra Neretljakovic', Croatia

## ONE GOAL FOR ALL

**We are almost 100 years old and we are one of the largest women's organizations in the world. We are often interested in how to attract new members and increase membership. We discuss purely technical issues, how to attract young members, how to set up youth clubs, etc.**

### What do we do for the world?

We are often asked who we are and what exactly we do for the world? And we often hear that we are the best kept secret. We offer friendship, personal service and international understanding ... don't you think it's too general in today's concrete world.

Maybe we should think more about the content, what to offer to young women who want to change the world around them.

The world is changing fast and what we offered 100 years ago is out of tune with the times we live in and has to change in line with the times, needs of society and individuals.

### Young women want to act

Today, young women have friends and their social circles, but they do

not have enough time. They don't need club membership just to socialize, young women want to act for the benefit of the society in which they live. They want to invest their knowledge and experience in projects that will be recognized both in the local community and internationally. Of course they love friendship and fun, but social services, projects and activities are more of a focus for potential members.

Given that we are a worldwide organization with almost 110,000 members worldwide, we should have one goal, one problem that we want to solve. This way, all members can identify with the international dimension of the organization and feel like an international member. Why? Because every member would play a small role in solving the world problem. For us, as one



of the world's largest women's organizations, this goal should be to help solve women's problems.

### The pillar of the family

A woman is a pillar of the family, if we help a woman we will help her children, her man and all the people around her. We will see the positive reverberations of this action more broadly. Finally, circulation of information about successful activities and projects, members' commitment, dedication and leadership could result in a considerable increase of membership of all ages.

*Sandra Neretljaković  
IIW Board Director 2019/2020*

## ANNIVERSARY SLOVENIAN CELEBRATIONS

Non-districted **IW Club Maribor, Slovenia** has had its 20<sup>th</sup> Anniversary celebration on 24<sup>th</sup> January 2020. at the Concert Hall of Slovenian Na-

tional Theatre in Maribor. The event was very successful with more than 200 guests, lots of IW members from Maribor and Ljubljana, Rota-

ry, Rotaract members, Soroptimist members and friends. The President of the club Evalda Bizjak welcomed the gathered and thanked everyone for their participation. The charity concert was supported by Slovenian National Theatre in Maribor and SAZAS and marked the Inner Wheel World Day and the 20th anniversary of IWC Maribor. The funds from this year's concert are intended to pay for physiotherapy services to users of the "Sonček Pragersko" residential community.



## An important subject

# TO LIVE WITH DEMENTIA

The situation of the elderly is one of Inner Wheel's priority areas worldwide. Many different projects are run by members in clubs and districts and sometimes at the national levels. The situation of the elderly is also an important and relevant topic within several UN organs and committees. With aging comes increased risk of illness and va-

rious forms of disability. It is, for example common for many elderly people to experience memory disorders. Often the memory problems are transient, but it can also be the first step to a dementia disease.

Dementia is one of the major causes of disability and dependency among older people worldwide.

### What is dementia?

Dementia is a collective name for pathological changes in the brain that affect memory and thinking ability. Dementia is always caused by illness and is not a normal age change. Most often, the disease affects older people. In rare cases, you can get dementia at the age of 40 or even earlier.

Dementia is now a people's disease. Worldwide, around 50 million people have dementia, and there are nearly 10 million new cases every year.

Estimated global cost of dementia exceeds USD 1 trillion! That is USD 1 000 000 000 000. More women than men live with dementia (at any age) and more women than men die from dementia.

The most common form of dementia is Alzheimer's disease and may contribute to 60-70% of cases.

In case of obvious memory problems, it is important to contact a doctor as soon as possible to find out the cause. It does not have to be a dementia disease but something completely different e.g. vitamin deficiency, infectious disease, depression, stress or drug effects.

### Is it only the elderly who suffer from dementia?

Unfortunately, people under 65 can also suffer. However, most of them are between 60 and 64 years. Is it possible to cure a dementia disease? No, today there is no cure. However, there are symptom-re-



lieving medications for some dementia diseases. There is also a great deal of knowledge today about how to relieve various symptoms that often occur in dementia. Dementia has also a physical, psychological, social and economic impact, not only on people with dementia, but also on their caretakers, families and society at large.

### Can you protect yourself from dementia by solving crosswords and playing sudoku?

There is a fairly strong scientific support that regular "brain gymnastics" is good for keeping nerve cells running. But there is no guarantee that you will not suffer from dementia. Can I test myself to see if I am at risk of dementia? At present, there are no reliable simple tests and no curative treatment. However, it is important to consult a doctor if you are worried about symptoms that you do not recognize.

### Is dementia hereditary?

You could say that the second most common risk of dementia is if there are many people with dementia in the family. However, this does not mean that one will suffer because many are ill in the family, but the risk increases. The most common risk of getting dementia is reaching a really high age.

### Can alcohol lead to dementia?

Yes, extensive alcohol consumption over a longer period can lead to alcohol dementia. Alcohol in large quantities is nerve toxic.

### Are there brake medications for Alzheimer's disease?

No, unfortunately, there is no curative treatment or medication that can stop Alzheimer's. However, there are symptom-relieving drugs that in many cases have a good effect at the beginning of the disease course.

## Can dementia be confused with other diseases?

Depression, confusion and some other conditions can cause dementia-like symptoms. Therefore, it is very important to seek contact with doctors when something is not as it was before.

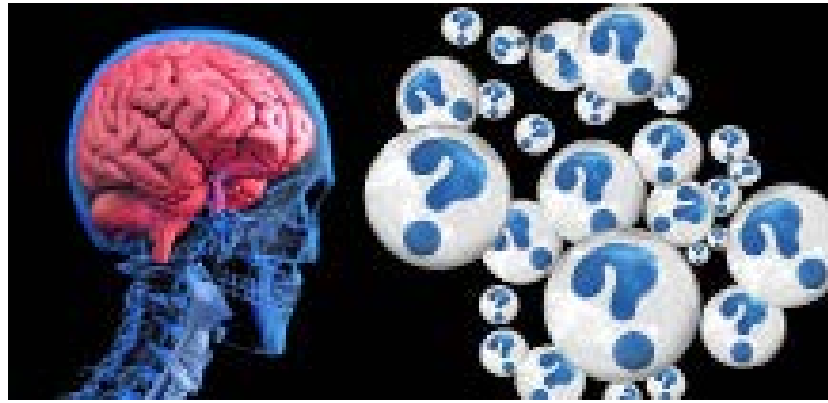
## HIGH PRIORITY TOPIC IN THE WORLD



WHO (World Health Assembly) recognizes dementia as a public health priority and has endorsed a special global plan for this disease.

Martine Gayon, our IIW UN representative in New York informs that there will be an Open Working Group on Ageing in April at the UN Headquarters in New York where this subject will be on the agenda.

The UN Vienna NGO Committee on Ageing had an event on October 1st, 2019 to observe "The international Day of Older Persons", reports Ceja Gregor-Hu the IIW UN Representative in Vienna. One of the panellists at that meeting was Stefania Ilinca, PhD, a researcher at the European Centre for Social Welfare Policy and Research. Some facts/figures and illustrations in this article are from her presentation. Others are from WHO and Svenskt Demenscentrum.



### TREATMENT AND CARE

Even if there is no treatment currently to cure dementia much can be offered to support and improve the lives of people with dementia and their caretakers and families. The principal goals for dementia care are:

- early diagnosis in order to promote early and optimal management
- optimizing physical health, cognition, activity and well-being
- identifying and treating accompanying physical illness
- detecting and treating challenging behavioural and psychological symptoms
- providing information and long-term support to carers.

### EXAMPLES OF SYMPTOMS

- Problems with performing everyday tasks.
- Forgetting where they keep things. Losing track of the time.
- To forget about agreements with others.
- Difficulty finding the right word when talking.
- Difficulty finding the way shopping, walking or driving.
- Difficulties in making decisions and doing things.
- Losing interest in things that you previously thought was fun.
- To get away from socializing with other people.
- Difficulties in managing stress.
- Some of these symptoms should have been present for at least six months to diagnose dementia.

### TIPS FOR ACCOMMODATION

There are some great tips when it comes to housing for a dementia sufferer.

- E.g. one can have a curtain to be able to hide a mirror. A demented person may perceive seeing another person in the mirror.
- In order for the dementia sufferer to understand where the toilet is, there should be clear divergent colors that show where the seat is located.
- The light button is also colorful to be seen / found.
- Should fish be served it should not be done on a white plate. Then the white fish is not visible.
- A blue carpet can be perceived as a puddle or lake.

# International Women's Day

## EACH FOR EQUAL

International Women's Day (IWD) is celebrated on the 8th of March every year around the world. It is a focal point in the movement for women's rights. This year's theme was "I am Generation Equality: Realizing Women's Rights".



From the beginning it was predominantly celebrated by the socialist movement and communist countries until it was adopted by the feminist movement in about 1967. The United Nations began celebrating the day in 1977. From UN Women at the United Nations Headquarters in New York 2020:

"The emerging global consensus is that despite some progress, real change has been agonizingly slow for the majority of women and girls in the world. Today, not a single country can claim to have achieved gender equality. Multiple obstacles

remain unchanged in law and in culture. Women and girls continue to be undervalued; they work more and earn less and have fewer choices; and experience multiple forms of violence at home and in public spaces. Furthermore, there is a significant threat of roll-back of hard-won feminist gains." IIW President Phyllis Charter:

"March 8th, International Women's Day is a global day with the Theme – Each for Equal –and the achievements of women must be celebrated in the social, economic and cultural sectors. The day also

marks a time for action in hastening women's equality.

International Inner Wheel is dedicated to the pursuit of a society in which women are given equal opportunity and are equally represented in every sector.

On Women's Day, Inner Wheel Members have the opportunity to ensure that women's voices are heard and that the right support is given to those who are vulnerable."

Here you can see how some Inner Wheel clubs around the world celebrated the day.

## DOING SMALL THINGS WITH GREAT LOVE

As Singapore faces COVID-19 challenges, all our hospital medical healthcare staff are working tirelessly 24/7 saving lives.

In connection with International Women's Day on 8th March, the **IWC Singapore** members wanted to show their support and appreciation to one such hospital and that is the National University Hospital (NUH).

We are grateful to the frontline staff as well as the back-end staff such as the cleaners, sweepers, ambulance drivers, medical assistants, social volunteers etc.



Items donated by the club were delivered to the National University Hospital:

MILO - 1860 sachets, Cereal - 1440 sachets, Biscuits - 900 packets - sponsored by Shopmore Grocery.

We have also included six A4 size pages of "Notes of Encouragement" for the hospital staff and we request that these Notes be put up on the board in the Staff room wherever possible.

## International Women's Day

### FINE PR FOR IW IN SWEDEN

Saturday evening, the 7th of March 2020, club members from **Gislaved IWC, Sweden**, participated in a city event arranged in connection with the International Women's Day.

Only women were invited and most of them visited us in our Inner Wheel booth. There we informed them about our most important fe-

male network: Inner Wheel, and we showed them information material regarding our service projects. The Swedish "Little blue" info-folder was given to them and we look forward to having new members in our Inner Wheel Club in the near future.

We need to support each other and TOGETHER WE CAN .



### IWCAS VISITS HOME FOR SPECIAL PEOPLE

On 9 March 2020, the **IWC Alor Setar (IWCAS), Malaysia**, visited the "Pusat Khidmat Setempat OKU" in Bedong, Kedah. It is a day care centre for the different-



ly abled and special children and adults. Here, they are taught self-management and basic living skills. IWCAS members had the opportunity to mingle with these special people and conducted a round of fun zumba with them.

Members were given a briefing by the management on how the Centre is managed and run and how the children learn to sew and sell their handi-craft. After that, they enjoyed a delicious lunch, courtesy of IWCAS.

These special children/adults seem to cope so well in spite of the numerous obstacles and discomfort they face. Spending a day with them made us realise how lucky we are and we found ourselves thanking God for the life we have, something that we often times forget to do and get a memory jolt only when we visit centres like this. A big thank you to management for having us.

### D 914 PUT SMILES ON MANY FACES

To mark International Women's Day, the District Chairman Rose Chinwe Ezeadikwa of **D 914, Nigeria**, and her team decided to put smiles on the faces of our less privileged children who cannot pay examination fees or buy school uniforms etc. The Project was commissioned as follows....

School uniforms, exercise books etc were distributed to over 60 primary school pupils of Ugwuachara Primary School, Abakaliki.



WAEC fees were paid for 10 secondary school students.

Lectures were also given to the students of Girls High School Azuiyokwu Abakaliki on health habits and sanitary towels were distributed to over 300 students.

Together we were able to put smiles on the faces of these children. To God be the Glory.

It was a beautiful day as the children and their teachers were happy and grateful to Inner Wheel Clubs in D914.

## New deserved recipients of the Margarett Golding Award

An award was created, in 2000, in the name of Margarett Golding, the founder of Inner Wheel, for highly commendable personal service to the community. The award (MGA) may be given to In-

ner Wheel members, or to members of the general public, for outstanding personal service, which must be completely unconnected with work on behalf of Inner Wheel or Inner Wheel fundraising.

## DATIN PEARL IN MALAYSIA

**Datin Pearl Jai Mohan** is the founder of the "Whispering Hope" Campaign. It has provided books, stationery, uniforms, shoes and a library to rural students in Bario (Kelabit and Penan children).

She has also been Vice-President of the Malaysian Children's Aid Society and President of the International Women's Association of Kuala

Lumpur where she has strengthened its financial status and increased its membership in promoting international understanding and mutual respect.

*Datin Pearl Jai Mohan receiving the Margarett Golding Award from NR Juanita Lee.*



## KATE HARGRAVES IN NEW ZEALAND



*From the left Carol Haskett, Kate Hargraves and Diana Maher.*

Another well-earned recipient of the Margarett Golding Award is **Kate Hargraves** in New Zealand. Kate is an Honorary member of the Inner Wheel Club of Auckland East. She does everything with a great enthusiasm and on an industrial scale. As Co-ordinator for Operation Uplift she sent 20,000 bras to the Pacific Islands last year.

She is very involved in the City Mission, Breast Cancer Foundation, Middlemore Hospital Foundation, St Johns, and others.

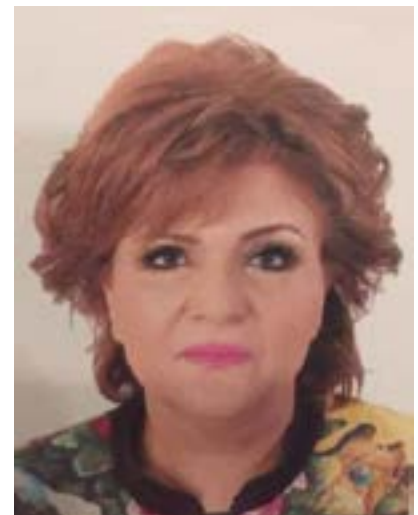
Through her network she helps distribute Days for Girls, recycled glasses, and children's clothes and books to the islands.

## NANY SALEH IN EGYPT

**Nany Saleh**, Co- Founder and Board Chairman of The Right to Live Association (RTLTA) in Egypt, member in IW Club of Cairo West, PNR and DC in D95 Egypt & Jordan, has also been awarded the MGA.

She has received it for her relentless effort and life long service serving individuals with special needs and raising awareness about integrating them in the community and providing less fortunate students in public schools with their

basic needs to positively impact their educational performance in school.



## The future of Inner Wheel

# THE YOUNGEST CLUB PRESIDENTS?

**Kate Jocel A. Mendoza and Synthia Liouta. One from the Philippines, one from Greece. Are they the youngest IW Presidents in the world/Europe? Or do you know any younger president? In Europe or in the rest of the world? If so, please send information about her to [iiweditor.kerstin@gmail.com](mailto:iiweditor.kerstin@gmail.com).**



*National President of the Philippines Amelia V. Jarin, Kate Jocel A. Mendoza together with Phyllis Charter.*

**Kate Jocel A. Mendoza**, became Club President at the age of 20 in 2019, of IWC Pagadian, District 385, the Philippines. Probably the youngest Club President in the world at that time.

**Synthia Liouta** from Greece, becoming President at the age of 24 is now the youngest Club President in Europe (?). She is daughter of Sissy Avgerinou, IIW PBD and granddaughter of Efi Avgerinou, IWC Athens-North, D 247 Greece.



*Synthia Liouta, Club President 2019-20 of IWC Patra-Europea, District 247 IW, Greece.*

## TUNG - AWARDED YOUNG ENTREPRENEUR

P President Tung Yan Ning of **IWC Intan, Kuala Lumpur, Malaysia**, has been awarded Young Entrepreneur of the Year at the annual Star Outstanding Business Awards (SOBA) 2019.

The passionate and award-winning advocate of education in the arts, Tung, 36, has raised Clazroom Academy to be one of Malaysia's best multimedia arts colleges, collaborating with the likes of Mattel and the New York Film Academy.



## THE NEW GENERATION IN NIGERIA



President Iwm Yewande Oge Adebayo and members of New Generation Club, IWC of Garki Rubys, Nigeria, have visited SeChild Centre, a home for disabled children, as part of a social project.

Three wheel chairs, lots of food, sanitary items and toiletries were donated to the centre. They were proudly supported by their proud mummies, members of IWC of Garki.

Sissel H. Michelsen, Norway

## FEMALE GENITAL MUTILATION MUST BE STOPPED NOW!

**Sissel Høihjelle Michelsen, Norway, IIW Board Director 2015-2017, has for many years been strongly committed to end female genital mutilation. Here she gives a straight to the point description of these horrible acts and urges us to help all vulnerable sisters. The text below is based on talks given by her in Varese, Italy and in Skagen, Denmark, both in 2017.**



As one of the world's largest women organisations, we must take women's lives and health seriously, not only for our own members, but also for so many of our fellow sisters outside Inner Wheel! We must stop Female Genital Mutilation (FGM) – now! Many people still believe that FGM only occurs in Africa, but that is not true. FGM also takes place in Asia, especially and for a long time in Indonesia, Malaysia quite recently, and even in India - in a Muslim minority. And with immigration to the rest of the world, FGM is present everywhere – even in my country.

### **We have a job to do**

The way in which women are treated by their husbands, partners, fathers, brothers, in fact even by their own mothers and sons, may

reflect the human development in that country. Maybe some of you will see this as a harsh judgment, but as long as women are treated as second-class citizens and not as owners of their own body, we have a job to do within Inner Wheel! Being well-informed is the first step to being able to make wise decisions. Sometimes we have to stop talking and start acting. And for me this is now! Nothing positive comes out of mere talking, nothing happens if it's just an item on an agenda. Several Inner Wheel countries are already involved in this issue through various projects, but more could be done. For me the most heart-breaking violence is that FGM deliberately destroys our sexual organs - those that define us as women.

### **Our private parts are private**

So - what is Female Genital Mutilation? To mutilate means to destroy and remove - and is a word often used in connection with war injuries and other crimes. This unjust and cruel war on female genitalia must be met by severe peace negotiations on the same! Our female body is just as it should be, though many of us are worried about being too fat or too thin - everything is there for a purpose! Our genitalia - our private parts - are private and should not be interfered with by others without our consent. And it's even worse when these horrible acts happen to infants and little girls, who can't protest because they don't know what it's about.

Most important, no religion, neither the Koran nor the Bible mention this, that the female body must be changed.

Unfortunately, for hundreds of years this terrible custom has been linked to religion, mainly to Islam, but also to Christianity. The obvious loss of sexual function speaks for itself. In addition, there are often mental disorders, immediate or long-term physical consequences, chronic uterus and pelvic inflammations, abnormal menstrual periods, kidney failures, infertility and deaths in its wake.







### An illegal act

The physical consequences may depend on where the FGM takes place - often on the floor or on the ground. Or that things are going too fast. Because this is an illegal act in many countries, it is done secretly and quickly. Even more important for long-term physical injury is who performs the act; if it is an unqualified person or which tools are used. The mutilators, usually women, often use pieces of glass, razor blades and dirty knives that have not been sterilised after previous use. Often at infibulations dirty thread or thorns are used to keep the wound together. And it must be opened by a doctor or by the husband at marriage – often with the husband’s own knife. I shudder when I think about it.

The question is - how can this abuse continue? There are mothers and grandmothers who help maintain this barbaric custom - based on tradition. They have a lot to answer for.



I have tried to give a true description of acts that leave both deep physical and mental scars on millions of our fellow sisters.

### Together we can help!

And I haven’t written this to add further burdens on our sisters exposed to this cruelty, but to prevent this harmful practice from continuing to yet more masses of

innocent girls! So my dear Inner Wheel friends, what can we do? Do we just keep reading, listening, shaking our heads, looking at each other in horror - and then forget it all the next day?

Or do we look at each other and say - we don't want this to happen to our fellow sisters any longer – if we can help it! Together we can!

*Sissel Høihjelle Michelsen*



## THIS IS FEMALE GENITAL MUTILATION

There are 4 types of FGM. Types 1 and 2 are most common, but all are equally harmful and dangerous.

**Type 1:** Partial or total removal of clitoris.

**Type 2:** Partial or total removal of the clitoris and pubic lips (the internal and external genitalia surrounding the vagina).

**Type 3:** The woman's pubic lips are sewn together so that the vagina is

only open for blood and urine to pass through. Also called infibulation. Here the clitoris can be retained.

**Type 4:** Any change of female genital organs that does not have a medical function such as pricking, piercing, cutting, scraping and cauterization (burning).

What we know for sure about FGM: There are no health benefits - just losses!

# WARMEST GREETINGS FROM MAURITIUS



**While on holiday in Mauritius I took advantage of the opportunity to visit the two Inner Wheel Clubs on the island, taking greetings from IIW President Phyllis.**

**IWC Curepipe** will be 35 years old in May this year. The Charter President, Ginette Lan Yee Chiu, is still a member! The club has today around 25 members and the President is Rubee Vucddamalay.

I attended a meeting where I could see that they have several important projects mainly supporting, financially and practically, underprivileged children and families. They feel mentoring is very important, especially to encourage young people who have had a difficult start in life to make something of themselves. Every year they are holding a big Christmas Party for disadvantaged children with KFC and gifts from Father Christmas.

Ganam Patten is President in **IWC Quartre Bornes**. This club was chartered in 1987 and has 16 members. During my visit I was invited to join them for an outing to the Bois Cheri Tea Plantation where we visited a factory. After lunch we went to a very important Hindu shrine, the scene of huge pilgrimages each year in February.

They too are a very active club and have several projects which again are centered on underprivileged children. President's special project for the year is supporting a school for autistic children.

I had the warmest of welcomes from both clubs and the members were charming, generous and great fun and are living up to President Phyllis's theme of "Together We Can" make a difference. Visiting these two clubs has been a privilege and a pleasure.

*Liz Thomas, IIW Treasurer*

# DENMARK WANTS MORE FOCUS ON CROSS-BORDER FRIENDSHIPS

**Inner Wheel Denmark** is very interested in developing and renewing its organization. Therefore the National Board had organized a session with the theme "Fun and serious" at the latest National Meeting in October 2019. There were stations with different subjects. Participants were divided into groups which had to visit all the different stations for a few minutes. The result was contact between members across the country, good information, a little song and a good mood. So it was really "Fun and serious".

The groups were to write their suggestions and comments on the Post It pads and deliver on each station.



The result was a lot of good suggestions and comments. The topic of cross-border friendship clubs was repeated many times, which is why Inner Wheel Denmark wants to encourage International Inner Wheel to promote the establishment of friendship clubs and districts as well.

They believe it would be a good move if the International Inner Wheel will create a section on the website where you can report if you want to be friends with other clubs and districts. And thus, new exciting friendships can arise across the world.



## TOP MEETING IN THE SWISS MOUNTAINS

The Inner Wheel week in the Swiss mountains was held for the 23rd time and is always organised by an active Inner Wheel Member. This year (and for the 9th time) by Catherine Ineichen in Zug. It was initially started with a group of sex couples. Nowadays there are more than 70 participants.

Spending a week together ski-

ing, hiking, laughing, discussing and just enjoying this magical winter wonderland in the mountains.

There are always also some activities for the ones who don't ski anymore, e.g. a lesson by a local artist in painting or information about the little village.

In the evenings all members are meeting for dinner and talking

about what they had experienced during the day or other IW-issues.

This annual meeting is something special as it is during five days and members from all over Switzerland are joining it. Fortunately each year new members are joining this popular meeting, up and down with Inner Wheel.

## IMPRESSIVE ACTIVITIES OF IWC MENGO IN UGANDA



The IIW Board Director Francine Beij Mos from the Netherlands has visited "her" Non-District Club IWC Mengo in Uganda. Club President Maureen Bukenya has sent a report about her visit and the club's extensive project activities, both in town and upcountry:

-Francine commissioned a water tank donated by the IWC Mengo at a very remote primary school in

Isingiro district which is semi arid. Water is a challenge in this place and the girl child suffers fetching it for both home and school's use. Time wastage affects their performance in class.

-At the Abimanyi children ministries the therapy room has been roofed, plastered and given a ceiling by the contributions of the IWC ladies.

-Francine helped us collect \$200 towards improving the kitchen and the children's nutrition.

The guests shared a meal with both the children and their parents who managed to come that day.



IIW BD Francine Beij Mos greeting a girl at the Abimanyi children ministries in Uganda.

# SUPPORT TO RONALD MCDONALD HOUSE A FANTASTIC EXPERIENCE FOR ALL BERLIN

Four of our members in **IWC Berlin-Tiergarten** prepared an extensive meal for children and their parents, who stay in Ronald Mc Donald House up to two month. They got support from three other Inner Wheel ladies from **IWC Berlin-Mitte**.

The group could select the kind of menu they liked to offer, bought the ingredients, prepared and cooked the meal. A work that connected the active members. And at the end of the day, everyone was glad to have been able to help.

This activity is done by every Inner Wheel club in Berlin. We mix up



*From IWC Berlin-Tiergarten Henrike, Evelyn, Sylvia, Britta and from IWC Berlin-Mitte Anke, Sabine and Sybille.*

the groups every year and the persons who are engaged. A fantastic

experience for all of us. The clubs organized their work around the Thursdays in January.

## A PINK STAR WALK FOR BREAST CANCER

On the 16th of November 2019, some members from **IWC Auckland East**, **IWC Howick** and **IWC Aotea Auckland** of District NZ291 participated in a charity fun run to raise money for the Breast Cancer foundation New Zealand.

The Pink Star Walk events celebrate survivors, remember those that we have lost, raise awareness and much needed funds to work towards our vision of zero deaths from breast cancer.



*Text Rina Maxwell-Hesp*

*ISO Tam, IWC Howick members Cathy and Jillian, IWC Aotea Auckland member Michelle, all dressed in pink for the walk.*

## IIW WEBSITE AND FACEBOOK

Have you seen the International Inner Wheel Web Site and Facebook? Have you noticed all the interesting articles members all over the IW-world are presenting us? In that case you must have been impressed by all the friendly members around us. Members with

personal service and international understanding helping women and children who really need our support. And members enjoying their membership. Our Web site and Facebook are just a click away. These are the addresses:

<http://www.Internationalinnerwheel.org/>  
Facebook: International Inner Wheel

## WEB MAGAZINE

This Magazine is only available here on the Web. There are no printed copies. Please spread the information where it can be found for all members.

Next issue will be published in the end of June 2020.

/IIW Editor /MM Kerstin Jonson  
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